

THE MESSENGER

A Newsletter For Southwick's Senior Community



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2024

Contact Us

ADDRESS

454 College Highway
Southwick, MA 01077

Website: southwickma.org/coa

Phone: (413) 569-5498

Dining Phone: (413) 569-0410

Office Hours:

Monday 8:00am - 2:00pm

Tues.-Thurs. 8 am - 4 pm

Friday 8:00am-1:00pm



SOUP'S ON

The Friends of the Senior Center will be hosting a yummy homemade soup luncheon including fresh bread on Monday, March 18th.

Dine in only.

Sign up at the Senior Center.

The cost is \$5.00



COA Board Members

Chairperson: Paula LeBlanc

Vice Chairperson: Carol Laughlin

Secretary: Donna Foisy

Members:

Jack Pocai, Carol Smith

Harvey Holm, Theresa Rogers

Associate Members:

Harriet Fischer, Elaine Boucher

Staff

Interim Director:

Cara Cartello

COA Staff Member:

Denise Seibert

Dining Coordinator

Denise Hills-McGarry



Like us on Facebook

www.facebook.com/
Southwick Senior Center/
Council on Aging

Friends of the Southwick Senior Center

Lottery Tree Fundraiser

Tickets being sold at the Senior Center for \$5 until March 18th. The drawing for the winner will be at the Soup Luncheon on March 18th. You don't have to be present to win.



Gardening Club

We will be starting a gardening club here at the Senior Center. Gardening will tentatively start the first week of May. If you are interested in joining this club please call the Senior Center to sign up.

IMPORTANT

Closed for Voting

The Senior Center will be closed on Tuesday, March 5, 2024 for Town Voting Day.



Senior Center Info



INFORMATION | 03

CSA Fam Share With Mountain View Farm

Is CSA Farm Share for you?



- Certified organic community supported agriculture
- Fresh seasonal produce weekly from June through October
- Pick your own vegetables, herbs, and flowers
- Transportation provided from Senior Center to Farm
- Snap accepted

For more information stop by the Senior Center to pick up a packet. Signup deadline April 1st. We must have minimum interest to support this program.



Elms College Students Return

The Senior Center will be hosting four Elms



College Nursing Students on Wednesdays from 10:00am-2:00pm at the Senior Center. This is in collaboration with Tricia—the Town Nurse, the Board of Health, and Elms College Nursing Students. This program will run through April 17, 2024. The nurses will be available to answer basic questions. They are not to replace an office visit with your primary care physician. **Please do not come to the Senior Center if you are not feeling well.**

Technology Support for Seniors :

The Westfield Technical Academy will be at the Southwick Senior Center.

**11:45 am - 1:45 pm on the following dates:
3/7/24, 4/4/24, 5/9/24,
6/6/24**

The Students can help with setting up and using e-mail on smartphones and computers; how to use smartphones to text, call, and browse the internet; how to use Zoom, Google Meet, or Face-Time; and troubleshooting a variety of computer problems. If you are having problems or would like to learn how to use your device, this is for you. **Please call the Senior Center to sign up.** We will need a count of how many people are interested. Drop ins are welcome as long as there is time.

Craft Time



Join Denise for a fun craft project.
The cost is \$3.00 per class.
Please sign up in advance.
Crafts will begin at 1:00pm.

Thursday:

**March 14, 2024 - St. Patrick's Green
Plaque**

March 28, 2024 - TBD

File Your Taxes



The AARP Tax Aide Program volunteers will be completing taxes at our Senior Center on Tuesday's beginning **February 6th.**

*Call the office to schedule a date for tax completion. You will need to come to the Senior Center to pick up a packet of information. A confirmation letter, instruc-

tion sheet, and intake form will be in this packet..

These documents must be completed before paperwork is dropped off.

*On the day your taxes are being completed you must drop off all documents in an envelope into the Senior Center Drop box at the Senior Center back entrance between 8:00am and 9:00am only.

*You **must** be available via phone for any questions while the volunteer is completing your tax forms. You also must stay in town or within several minutes of town to pick up your documents when you are called to do so.

*You will receive a call on the same day to pick up your tax documents. You will need to go over documents with the tax preparer and give permission to submit. We will not mail them or keep them in our office.

If paperwork is incomplete then you will need to schedule an appointment on another day if one is available.

UPCOMING TRIPS



Mount Holyoke

College Flower Show & Tailgate Picnic Deli Lunch

The Volunteer Van will be going to Mount Holyoke Flower Show on Thursday March 7, 2024. The cost is \$5. Lunch will be at your own expense. The van will leave the Senior Center at 9:30 am.



Pop Concert Luncheon

The Volunteer Van will be going to Westfield High School on Friday March 8 for lunch and a Pop Concert. The cost is \$4 which includes lunch and concert. The van will leave the Senior Center at 10:45am.



TRIPS & TOURS

Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Friday, March 22, 2024. The cost is \$6. The van will leave the Senior Center at 8:00 am.

Captain Jimmy's

The Volunteer Van will be going to Captain Jimmy's for lunch on Thursday March 14, 2024. The cost is \$4. Lunch will be at your own expense. The Van will leave the Senior Center at 12:00 noon.

Springfield Museum

The Volunteer van will be going to the Springfield Museum on Wednesday, April 3, 2024. The cost is \$4. Admission is Free. Lunch will be at your own expense. The Van will leave the Senior Center at 9:30 am.



Van Driver's Needed:

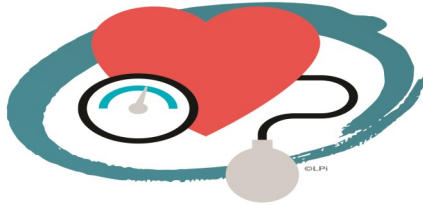
If you would like to volunteer to drive our Van on any of these trips or any future trips please call the Senior Center. Volunteers receive free lunch and admission to the venue. We are also looking for volunteers to do medical appointments and other small rides throughout town. You do not need a CDL license to drive this vehicle. Criminal background checks are completed. Please call us at 569-5498.



If there is inclement weather please watch the news on Channel 22 or Channel 40. We will announce if the Senior Center is closed, opening late or closing early. If Hulmes Transportation is closed there is no bus service and if Highland Valley Elder Services is closed there will be no lunches in person or meals on wheels.



Foot Care Clinic will be held at the Southwick Senior Center by our Foot Nurse Debra J. Deane, RN,BSN. The cost of this service is \$40.00 paid directly to the nurse. Appointments will be held every month. You must call the Senior Center to schedule an appointment.



BLOOD PRESSURE SCREENINGS

Blood Pressure screenings : The Fire Dept. will be doing blood pressure screenings. It will be held every Monday from 11:00am -12:00pm. This screening should not take the place of your regular doctor visits, and will not be giving out medical recommendations. This is a drop in screening so no appointments are necessary.



Veteran's Representative: Southwick's Veteran's Representative will have office hours at the Southwick Senior Center on the second Thursday of the month from 9:00am-11:00am. If you have any questions or need assistance please stop by the Senior Center during this time. It's always a good idea to call ahead of your arrival.



The SHINE Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs. **You must call to schedule an appointment.**



We will have brown bag on the second Tuesday of every month. You must be pre-approved through the Food Bank in order to receive a brown bag. You may pick up your bag of groceries on a drive through basis between 11:30am and 12:00pm. Bags will be available at the garage. Please remain in your vehicle.



Senator Paul Mark Office Hours: Senator Mark or a representative from his office will be at the Southwick Senior Center dining room on the 2nd and 4th Monday of every month from 11am-2pm. All members of the public are welcome. This may change so call ahead.



Highland Valley Elder Services Community Dining Menu -March 2024
The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Highland Valley ELDER SERVICES 4 Choice: <u>Roasted Turkey w/ Gravy (354)</u> Maple Glazed Salmon (222) Couscous (47) Zucchini & Tomatoes (40) Cauliflower (14) Fresh Fruit (2) Cal: 725 Sodium: 451 Carb: 120 11 Choice: <u>Chicken Cordon Bleu (382)</u> French Toast Bites (270) Vegetable & Cheese Frittata (129) Roasted Potatoes (41) Orange Juice (15) Cal: 737 Sodium: 581 Carb: 84 18 Choice: <u>Chicken Piccata (160)</u> Spaghetti & Meat Sauce (191) Broccoli (9) Garlic Knots (245) Pears (4) Cal: 791 Sodium: 573 Carb: 81 25 Choice: <u>Spinach & Onion Quiche (356)</u> Meatballs & Sauce (328) Grinder Roll (270) Spinach & Onions (82) Yellow Squash (6) Peaches (6) Cal: 741 Sodium: 817 Carb: 79	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian 5 Choice: <u>Roasted Turkey w/ Gravy (354)</u> Lentil Stew (499) Carrots & Turnips & Onions (165) French Bread (450) Pears (10) Cal: 708 Sodium: 951 Carb: 108 12 Choice: <u>Chicken Cordon Bleu (382)</u> Pollock Florentine (225) Rice Pilaf (64) Cauliflower & Broccoli (30) Fresh Fruit (2) Cal: 723 Sodium: 446 Carb: 90 19 Choice: <u>Chicken Piccata (160)</u> Kielbasa ** (624) Cabbage & Fennel & Onions (34) Green Beans (3) Dinner Roll (132) #Pudding w/ Topping (146) Cal: 728 Sodium: 1065 Carb: 70 26 Choice: <u>Chicken Salad (185)</u> Greek Salad (194) Hummus (368) 1 Pita Bread (203) #Yogurt (80) Cal: 751 Sodium: 970 Carb: 102	 6 Choice: <u>Roasted Turkey w/ Gravy (354)</u> Chicken A La King & Pasta (105) Green Peas (33) Dinner Roll (132) #Pudding w/ Topping (146) Cal: 767 Sodium: 542 Carb: 96 13 Choice: <u>Chicken Cordon Bleu (382)</u> Cheeseburger Chowder (246) 1 Slice Wheat Bread (115) Corn & Green Peas (101) #Chocolate Chip Cookie (90) Cal: 683 Sodium: 677 Carb: 97 20 Choice: <u>Chicken Piccata (160)</u> Salmon & Dill Sauce (145) Quinoa Pilaf (49) Indian Corn Casserole (58) #Birthday Cake (196) Cal: 770 Sodium: 573 Carb: 78 27 Choice: <u>Spinach & Onion Quiche (356)</u> Breaded Fish (256) Hamburger Bun (160) Tartar Sauce (153) Carrots (64) Brussel Sprouts (14) Pineapple (2) Cal: 700 Sodium: 773 Carb: 92	7 Choice: <u>Tuna Salad (347)</u> Cobb Salad (145) Tomato & Cucumber Slices (8) 1 Pita Bread (203) #Fruit Crisp (16) Cal: 713 Sodium: 498 Carb: 92 14 Choice: <u>Chicken Cordon Bleu (382)</u> General TSO Chicken (464) Brown Rice (7) Green Beans (4) Peppers & Onions (43) Mandarin Oranges (7) Cal: 724 Sodium: 650 Carb: 113 21 Choice: <u>Chicken Piccata (160)</u> Beef & Bean Chili (340) Roasted Potatoes (5) Roasted Cauliflower (20) 1 Oatmeal Bread (121) Fresh Fruit (2) Cal: 714 Sodium: 613 Carb: 98 28 Choice: <u>Spinach & Onion Quiche (356)</u> Shepherd's Pie (183) Roasted Butternut Squash (52) Dinner Roll (132) Fresh Fruit (2) Cal: 744 Sodium: 495 Carb: 98	1 Choice: <u>Lentil Bolognese (116)</u> Chicken Alfredo & Pasta (144) Broccoli (9) Green Beans (3) Dinner Roll (132) #Oatmeal Raisin Cookie (84) Cal: 758 Sodium: 500 Carb: 97 8 Choice: <u>Roasted Turkey w/ Gravy (354)</u> Pot Roast w/ Gravy (106) Mashed Potatoes (93) Green Beans (3) Dinner Roll (132) #Chocolate Zucchini Bread (86) Cal: 736 Sodium: 555 Carb: 73 15 Choice: <u>Chicken Cordon Bleu (382)</u> Corned Beef ** (640) Cabbage (41) Potatoes (10) Dinner Roll (132) Peaches (9) Cal: 676 Sodium: 957 Carb: 101 22 Choice: <u>Chicken Piccata (160)</u> Roasted Chicken w/ Gravy (184) Roasted Sweet Potatoes (55) Green Peas & Carrots (75) Dinner Roll (132) #Yogurt (80) Cal: 780 Sodium: 652 Carb: 108 29 Choice: <u>Spinach & Onion Quiche (356)</u> Mulligatawny Soup (160) Chickpeas & Tomatoes & Onions (105) French Bread (150) #Gelatin w/ Topping (44) Cal: 703 Sodium: 584 Carb: 73

Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). all meals include milk w/ 125 mg sodium.
If you have a special concern regarding the menu, contact the Nutritionist at 413-561-7313 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.

SOUTHWICK COUNCIL ON AGING

454 College Highway
Southwick, MA 01077

Non-Profit Org.
U.S. postage
PAID
Southwick,
MA 01077

**Please Forward
Change Service Requested**



*Activities*CALENDAR

©LPI

Monday 9:00am- Quilting and Sewing Social Group
Monday 9:00am- Yoga with Heidi \$2
Monday 10:00am- Chi-Gong with Kathleen \$2
Monday 11:00am- Writers Workshop
Monday 12:30pm- Chinese Language and Culture Class

Tuesday 9:00am - Aerobics with Donna \$2
Tuesday 10:00am- Tai-Chi with Lenny \$2
Tuesday 12:00pm- Cards
Tuesday 1:00pm- Cribbage, Whist Card Game, and Pitch

Wednesday 10:00am- Line Dancing with Clara \$2
Wednesday 1:00pm- Scrabble
Wednesday 1:00pm-3:00pm Bingo

Thursday 9:00am- Zumba with Becca \$2
Thursday 12:15pm- Cards and Board Game Afternoon
Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 9:00am - Aerobics with Donna \$2
Friday 10:30am- Chair Yoga with Heidi \$2
March 8th only—Friday 10:45 Yoga Dance with Renee

Exercise Class Policy Change

During the winter months, please note that in case of inclement weather, the Senior Center will follow the same schedule as Southwick Public Schools regarding closure. If the schools are closed or delayed, then Exercise Classes will be cancelled for that day. Closings are announced on Channel 22 and Channel 40. **This applies to Exercise Classes Only.**

Need a Covid test?

Free COVID test kits can be ordered directly from the Federal Government and shipped to your home at the following link.
<https://www.covid.gov/tests>

Kits can also be purchased at a nearby pharmacy.

The Senior Center does not have a supply of kits to give out.

